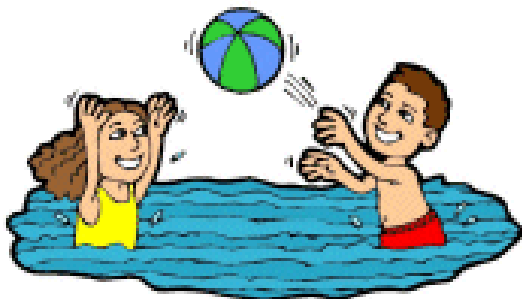


# PARK SAFETY TIPS

## Water Park Safety

- Know the water depth of each attraction.
- If you cannot swim, wear a Coast Guard-approved life jacket. Some facilities provide life jackets at no charge.
- Wear water shoes, a hat and loose shirt for when you've had enough sun.
- Monitor how much sun children, especially toddlers, are exposed to.
- Apply waterproof sunscreen before leaving home and reapply throughout the day. Drink plenty of fluids (avoiding heavily sweetened or caffeinated drinks).



# PARK SAFETY TIPS

## Amusement Park Safety

- Supervise children at all times.
- Drink a lot of water to avoid dehydration.
- Wear sunscreen.
- Make sure children know what to do if they get lost.
- Check height restrictions before you line up for a ride.
- Never enter a restricted area in a theme park.

[www.wdm-ia.com](http://www.wdm-ia.com)



West Des Moines Police Department  
West Des Moines, IA 50265  
(515) 222-3333

# PARK SAFETY

## PLAYGROUNDS WATERPARKS AMUSEMENT PARKS



# PARK SAFETY TIPS

## Playground Safety

- Don't allow young children to use public washrooms without adult supervision.
- Long loose hair should be tied up around playground equipment.
- Use playgrounds that are filled with at least 12 inches of loose fill, such as wood chips, mulch, sand or pea gravel.
- Check equipment for sharp edges or dangerous hardware, like open "S" hooks or protruding bolts.
- Make sure your child plays on equipment appropriate for their age.
- Use playground equipment that is maintained regularly.
- Avoid wearing hoods or drawstrings that can get caught on equipment.
- Always supervise children at parks.
- Teach your child what a stranger is and when to tell an adult if they are approached.

# PARK SAFETY TIPS

## Playground Equipment Safety

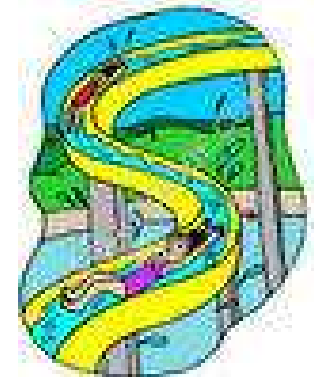
- Guardrails should surround all elevated platforms and should be at least 29 inches high for preschool-age children and 38 inches high for school-age children.
- Look for exposed concrete footings, tree roots or rocks that could trip children.
- Playground equipment should never be used if it is wet because moisture causes the surface to be slippery.
- Swings are the most frequent source of childhood injuries on a playground.
- Kids should always sit in the swing, not stand or kneel. Children should stay a safe distance from other kids on swings, being careful not to run or walk in front of or in back of moving swings.



# PARK SAFETY TIPS

## Water Park Safety

- The best thing you can do to stay safe in and around the water is to learn how to swim.
- Never swim alone.
- Swim with a buddy.
- Be sure the area is well supervised by lifeguards. Beware of where they are located.
- Read all posted signs.



- Follow the rules and directions given by lifeguards.
- When using a water slide, the correct position is face up and feet first.